A Psycho-Socio-Sexual Matrix

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The following is a way to view preferences that are often interlinked. Each individual is a mixture of all elements and each individual varies the mixture over the course of a lifetime.

None of the following imply any kind of judgment. All activities are considered "healthy" so long as individuals are not "harmed" and are consenting adults.

Gender Preference in Partners	4 5 6 7	8 9 10
Heterosexual	Homosexual	Bi-sexual
Attachment to Partners	4 5 6 7	8 9 10
Loner, short-term or casual relationships	Monogamous — "Affairs"	Polyamorous (literally "many loves") with all parties aware and approving
Conformity to Cultural Norms Regard	ling Sex 5 6 7	8 9 10
Conventional	Open-minded, experimental	Pursues maximum sexual enjoyment, disregards taboos
Activities with Partners and Others	4 5 6 7	8 9 10
Conventional social interactions, dinners, cocktail parties, etc.	Sexual encounters with people they may never meet again	Sexual activities with intimate friends
Libido 2 3	4 5 6 7	8 9 10
A-sexual, little interest in sex	Average interest (2-3 x per week)	High Interest (daily or more)
Enjoyment of Fantasies and Fetishes (a	an object or activity that engenders sex	kual arousal)
Secretive (everyone has them), seldom talked about or acted upon	Open-minded, experimental	Self-aware of what they find erotic and safely incorporate these into their sexual activities
Response to Receiving Intense Physical	l Sensations ₄ ₅ ₆ ₇	8 9 10
No pleasure	Enjoys milder forms, such as bondage spanking, etc.	, "Bottoms" – able to eroticise sensation
Response to Giving Intense Physical So	ensation 4 5 6 7	8 9 10
No pleasure	Enjoys milder forms, such as bondage spanking, etc.	"Tops" – devote time to learn and develop expertise with different techniques and "toys"
Control Preferences	4 5 6 7	8 9 10
No pleasure in power exchange, wants to be equal	Submissive – enjoys letting someone take charge, whether just in the bedroom or in other aspects of a	Dominant – enjoys accepting consensual control over negotiated areas of someone else's life

Note: The last three categories have a variety of names such as BDSM – Bondage, Discipline, Sado-Masochism

The terms "Masochist" and "Sadist" are controversial even among those who are involved. They are no longer considered mental disorders unless they negatively affect other areas of the individual's life. In this way, they are similar to gambling and drinking in that they can be safely enjoyed or they can be abused.